

2024 Siggiewi Rowing Club Memberships / Coaching / Training Contributions

(In Euros. Applicable from 15-April-2024 to SRC registered rowers only or rowers on loan to SRC from other Clubs). More info: www.siggiewi-rowing.com, siggiewi.rowing@gmail.com

	Indoor / Gym Only		Regatta Rowers	On-water + Indoor Comprehensive		Para On-Water + Indoor	
	Basic	Full	Contracted Rowers only*	Standard	Experienced Rowers**	Basic	Standard Comprehensive
1 day	5	5	5	10	10	5	5
1 week	10	15	15	30	20	10	20
1 month	30	45	30	90	45	30	60
3 months	60	90	90	180	100	80	120
6 months	110	165	150	330	180	150	210
12 months	200	300	200	600	350	250	400

Indoor Basic

Up to two sessions per week of coached Indoor Rowing and/or Strength and Conditioning (S+C) classes, plus use of indoor facilities

Indoor Full

Can attend ALL the coached Indoor Rowing and/or S+C classes plus use of indoor facilities.

* Regatta Rowers

Applicable only to experienced athletes and rowers who have been signed an agreement with to Club to Compete in the name of the Club in a forthcoming regatta. This level of membership is **by invitation only** and requires rowers to make a commitment to compete according to the agreement signed and to follow the prescribed training programme assigned to them.

Comprehensive Standard Membership

COACHED on-water rowing (1-2 sessions per week); coached Indoor Rowing and/or S+C; use of indoor facilities. This is the standard memberships. Does not include any additional one-to-one sessions.

** Comprehensive Experienced Rowers

UNCOACHED on-water rowing; coached Indoor Rowing and/or S+C; use of indoor facilities. Applicable only to individuals with 3+ years of on water experience who have won medals nationally or internationally in the in the rowing discipline/s they are training. Does not include any additional one-to-one sessions. **By invitation only.**

Para Rowing Basic Para Rowing Standard Comprehensive

COACHED on-water rowing session (1 session per week) + one session per week appropriate Indoor Rowing and/or S+C training

COACHED on-water rowing (1-2 sessions per week); coached Indoor Rowing and/or S+C; use of indoor facilities. This is the standard para rowing membership. Does not include any additional one-to-one sessions.

Notes & Discounts:

- SRC is a "non for profit" club and these contributions are meant to keep the club afloat, based on estimated costs.
- SRC indoor rowers can row on-water against a nominal 5eur contribution per seat per session. SRC regatta rowers can train indoor or coastal rowing against a nominal 5eur contribution per session.
- SRC rowers are eligible to one-to-one sessions with Club coaches at a discounted rate of 15eur per hour; two-to-one sessions at 25eur per hour; three+ at 30eur per hour.
- 2+ members from the same family / household, first member pays in full, additional members 25% discount.
- Para rowers can be accompanied by a rower of their choice who gets a 25% discount on coaching / training contributions.
- 25%; 50% 100% refund of contributions paid for that season for athletes who place 3rd; 2nd or 1st respectively in March / September National Regatta or Barklor race .
- Crew who row on the Traditional Regatta "SRC Inclusivity Boat" in an inclusive crew will be 100% exempt of applicable on-water training contributions.
- Members who make donations to the Club which exceed the aforementioned amounts may be granted an exemption.
- No contributions are due from rowers who use their own boats / equipment, apart from basic membership fee.
- Further discounts may apply for eligible rowers and para rowers. The Committee reserves the right to apply additional discounts on a 1-1 basis to deserving individuals.

Payment methods: Preferred methods of payment are by Bank Transfer to: **MT74 VALL 2201 3000 0000 5001 4748 256** (Account name: Siggiewi Rowing Club, Bank Name: Bank of Valletta, SWIFT: VALLMTMT); BoV Pay to telephone number **77555882** (directed to the Club account) or by cheque payable to Siggiewi Rowing Club.